

5. Do you really want to quit?

Be brutally honest here.....

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6. What are your biggest reasons to quit?

Be really aware of your language you use here...sort it into the right columns.

I want...	I don't want.....
eg. to be the example for my kids	eg. to smell anymore
eg. to save money	eg. to have difficulty breathing

Now highlight or Asterix (*) your top 4 in the table above, both sides.

LAST QUESTION.....

7. What are the reasons excuses you have had up until this point to remain a

smoker?....perhaps it was because you didn't feel you could succeed, or maybe you didn't think you had the strength to do it, or perhaps you just bloody loved smoking!

Write all of your excuses for remaining a smoker below....get real, no response is ridiculous!

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Now, you are going to cut this last question off and scrunch it up and throw it in the bin with your last smoking paraphernalia...on "THE DAY". So get as real and raw as you wish, no-one will see it.